



Breastfeeding Support in Places of Worship

More and more mothers today choose to give their infants the healthiest start in life possible by breastfeeding. Thanks to abundant research, all major health organizations today promote breastfeeding as the perfect form of infant nutrition, and call on local communities to provide the support new mothers need to be successful. The breastfeeding rates in Wisconsin are increasing, and these new mothers appreciate an environment of support within their local community.

What can you do to protect and support breastfeeding in your facility?

- ✂ Establish a supportive breastfeeding policy, and be sure staff and/or volunteers are aware of the policy.
- ✂ Provide orientation and training for staff and/or volunteers.
- ✂ Provide positive breastfeeding promotion messages in the place of worship to let mothers know their efforts are supported.
- ✂ Support a mother's choice to breastfeed; make a quiet place available for mothers who wish to breastfeed in privacy. (Embarrassment about breastfeeding in public is the number one barrier!) Mothers may breastfeed their babies in any location in which they feel comfortable.
- ✂ Encourage expectant mothers with information on breastfeeding benefits and community resources to assist them.
- ✂ Parish nurses working with mothers and families should be knowledgeable about breastfeeding and actively promote and support breastfeeding through their work.
- ✂ Provide simple recognition to mothers who choose to breastfeed.